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The Hawaii Army Weekly welcomes articles from Army or- ganizations, announcements from the general public about community events of interest to the military community, and let- ters and commentaries.

If you have newsworthy ideas or stories you'd like to write, co- ordinate with the managing edi- tor at 656-3156, or e-mail editor@ hawaiiarmyweekly.com.

The editorial deadline for ar- ticles and announcements is the Friday prior to Friday publica- tions. Prior coordination is mandatory.

Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

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BACK TO BASICS

‘Back to the basics’ is now the new normal

COMMAND SGT. MAJ. TRAVIS CHERRY

516th Signal Brigade, 311th Signal Command (Theater)

As our Army transitions from combat operations into a non-combat environment, the skill sets required to maintain a suc- cessful garrison climate are sim- ilar in some aspects, but com- pletely different in others, in re- spect to those used downrange.

Back to the basics is not just a new Army cliché; it is the new normal — an operational mind- set that must be implemented throughout all levels of command.

Often, today’s Soldiers ask, “What does back to the



Cherry

basics really mean?”

It is obvious our young Soldiers and officers did not experience the garrison operating in this type of climate before overseas contingency operations.

The 516th Signal Brigade has instituted a vigorous back to the basics campaign that incorporates bar- racks inspections, drills and ceremonies, company- level assessment boards and supply discipline, to men- tion a few. The targeted audience is company and be- low because the sphere of influence and training tran- spires at the individual and collective level.

The movement is gaining ground as the brigade commander and command sergeant major conduct unannounced visits, and the results are very noticeable.

We’re also concentrating on theater-specific train- ing to sharpen the unit’s Soldier skills.

FOOTSTEPS in FAITH

This advice helps marriages succeed

CHAPLAIN (MAJ.) STEPHEN HOMMEL

500th Military Intelligence Brigade

No couple goes into marriage thinking they’ll be the ones who won’t make it.

Certainly, at your wedding, you thought you were promising a love that would last a lifetime. Now, for reasons you may not fully understand, your dreams seem shattered.

As you try to understand the pain and determine what to do, divorce may look like the only way out.

After being married about seven years, during what I guess is that infamous “seven-year itch,” I remember thinking maybe I had married the wrong person. I even mentioned it to my friend and mentor, Dr. Peter Barnes, who had officiated at our wedding.

Barnes told me that he believed that God specifically picks our mates for us — not just someone who we would love and who would love us, but also someone who would instinctively know just how to push our buttons.

Marriage is not just about being happy; it is about becom- ing better men and women.

There is no one who can point out a weakness, character flaw or bad habit with laser precision like a spouse. Barnes believed that hardwired into marriage was a certain degree of struggle to help us grow and become better people.

As C.S. Lewis said, “We are all fallen creatures, and very hard to live with.”

What I learned by hanging on and working on our mar- riage (and myself) was that many of the struggles that we went through — and observed in others — really were large- ly caused by temporary outside factors, like job stress (no shortage of that in the military), financial pressures or the de- mands of young children.

Over time, as the external stressors changed or dimin- ished, relationships naturally tended to get better.

Another thing that helped us, and our friends, was devel- oping better communication skills, like learning to really lis- ten to each other, and the power of mutual appreciation and encouragement. I think one of the biggest attitude adjust- ments that helped us was simply being more patient and ac- cepting of each other, and thinking through some of our own (mostly mine) bad habits and behaviors.

Later this month, my lovely wife, Naomi, and I will cele- brate our 26th anniversary.

I have never been divorced, but I think I understand di- vorce pretty well. My mother, who was a very good mom in most respects, was divorced five times!

One of the things I observed over and over again with my mother, and have repeatedly seen as a pastoral counselor, is that unless a problem is worked through and resolved in the first marriage, it will tend to come up again and again in subsequent relationships.

Dr. Mark Hoffman, a certified marriage and family coun- selor, reported that, “What you were arguing over during the divorce or what led you to the divorce and what frustrated you so much that you wanted to quit and move out — these factors will go on to haunt you after the divorce. If you get into another relationship, you are going to think about running away from that one, too.”

Before you bail out of your marriage, carefully consider what you might be bailing into. Most people are not prepared for the challenges of post-divorce life, and second mar- riages have a much higher rate of divorce than first mar- riages.

The grass is very rarely greener.

The process of marital healing is difficult and slow, but it can be done when both spouses are willing to forgive and change.



Hommel

DEPLOYED FORCES



“The Blend,” a group of Soldiers and contractors who volunteer to play worship music, and Chaplain (Maj.) Kent Walker (fourth from left), chaplain, 25th CAB, sing a song of praise during the Fourth of July service with breakfast hosted by chaplains and chaplain assistants of the 25th CAB, in Afghanistan, July 8.

Chapel service provides a bit of home in Afghanistan

Story and Photo by

SGT. DANIEL SCHROEDER

25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

KANDAHAR AIRFIELD, Afghanistan — Every Sunday morning at the South Park Chapel, here, Soldiers, contractors and De- partment of Defense employees are encom- passed by sounds of joyful music and en- couraging thoughts during the weekly reli- gious service.

Chaplain (Maj.) Kent Walker, chaplain, 25th Combat Aviation Brigade, 25th Infantry Di- vision, conducts these services with assistance from other chaplains throughout the brigade and airfield to bring a touch of home to the at- mosphere.

“Our service draws a blend of Soldiers and civilians in from all over,” Walker said. “Every- one who attends our service comes at different places of spiritual guidance or needs. This ser- vice gives them encouragement to keep going when they are away from home.”

This particular Sunday service consisted of the usual song and words of worship along with food provided by one of the dining facili- ties, here.

“When you attend a church service at home, you usually have a Sunday brunch after ser- vice,” said Staff Sgt. Veronica Ashley, chaplain assistant, 209th Avn. Support Battalion, 25th CAB. “People either miss the service to have breakfast or miss breakfast to attend the service, so today we gave them the opportunity to have

a good breakfast while attending the service.

“Today we gave the people who attended a little taste of home, a visit out of Afghanistan for a brief time,” Ashley added.

The food choices were two different kinds of eggs, five choices of meat, pancakes, muffins, hash browns, cereal and fruit.

The chaplains fed 130 people while still pro- viding a full service with preaching and music from “The Blend,” a group of Soldiers and con- tractors who volunteer to perform songs of worship.

“Our services are not limited to just the con- gregation; anyone who is on Kandahar Airfield is welcome to attend,” Ashley said. “We provide an environment outside of work where they can relax and worship however they want to.”

Since the chapel is located close to the Res- idential Living Barracks, it offers an ideal loca- tion for Soldiers, here, to attend a religious ser- vice with uplifting music.

“It was a great service with good music and sermon,” said Sgt. Leslie Mosley, CH-47 door gunner, Company B, 1st Battalion, 111th Avn. Regiment, currently attached to 3rd Battalion, 25th Avn. Rgmt., 25th CAB.

“The food was good,” Mosley said. “It helped ease the mood for everyone who attended. I have not seen breakfast at a service before; it is a good idea.”

Although this breakfast and service was in- tended for the Fourth of July, it is just the first of many that 25th CAB chaplains have planned within the unit.

Getting it Straight

The credits of the two front-page photos, A-1, of the July 6 edition, which depicted Soldiers of the 8th Special Troops Battalion, 8th Theater Sustainment Command, were incorrect. Sgt. 1st Class David Wheeler, 8th TSC, took the photos.

In the “Back to Basics” column, A-2, the 311th Signal Command (Theater) was listed under the 94th Army Air and Missile Defense Command. It is a separate unit.

The change of command announcement, A-3, for the U.S. Army Corps of Engineers- Honolulu District was incorrect. Lt. Col. Douglas Guttormsen will relinquish command of the unit to Lt. Col. Thomas Asbery.

Voices of Ohana

Hawaii’s Bon dance season runs from June-August

Do you plan on attending a Bon festival? Why or why not?

Photos by 25th Infantry Division Public Affairs



“Probably not. Never been to one, and no interest in going.”

1st Sgt. Norbert Baluyot

A Battery, 1st Bn., 487 Field Artillery, Hawaii National Guard



“Depends on if my wife wants to go. She’s into that stuff.”

Capt. Sean Dodge

A Battery, 1st Bn., 487 Field Artillery, Hawaii National Guard



“I don’t think so, because I just want to spend time with my family.”

Spc. Ralph Firme

A Battery, 1st Bn., 487 Field Artillery, Hawaii National Guard



“I’d attend it, based on the fact that one should call on and answer to their ancestor’s energy from time to time.”

Pfc. Joel Ibarra

3rd Bde., 25th ID



“I probably wouldn’t go. I’d rather work.”

Pvt. Brian Ngo

A Battery, 487 Field Artillery, 1st Bn., Hawaii National Guard

PTA

POHAKULOA TRAINING AREA

Shwedo takes command of Pohakuloa garrison

Story and Photo by
BOB MCELROY
U.S. Army Garrison-Pohakuloa Public Affairs

USAG-POHAKULOA, Hawaii — Lt. Col. Eric Shwedo took command of U.S. Army Garrison-Pohakuloa during a brief ceremony, here, July 10.

Shwedo succeeds Lt. Col. Rolland Niles, who commanded the garrison for two years.

Niles leaves Hawaii for Fort Hood, Texas, where he will work as the Fire Support Coordinator for III Corps.

The ceremony also featured the assumption of responsibility for the garrison by Command. Sgt. Maj. Alan Higgs.

Kahu (minister) Daniel Kaniela Akaka opened the ceremony with a chant and blessing in Hawaiian and praised Niles for his support of Native Hawaiian culture and programs. Following Akaka’s blessing, Poochy Paulino, a friend of the command, performed a farewell hula and oli (chant) to honor the change of command.

It was then time for the passing of the garrison colors, signifying the change of command from Niles to Shwedo. During the exchange, Higgs also assumed responsibility for the garrison.

Following the passing of colors, Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii, praised Niles for his dedication to mission accomplishment and success, especially in seeing through to completion ranges that provide Army and Marine units with realistic training facilities — the Stryker Battle Area Complex Range, Cooper Army Airstrip for unmanned aerial vehicles and several urban complexes.

“(Niles) has been the face of the Army here

on Hawaii Island, engaging with the community, communicating the Army story and listening to their concerns in an effort to be a good neighbor as we coexist in this special place,” Mulbury said.

Niles followed, saying it had been an honor and privilege to serve as USAG-P commander and support the training of more than 20,000 Soldiers, Marines and other service members.

“We have completed millions of dollars in projects that have improved training support, to include an Unmanned Aerial Vehicle airstrip and a Military Operations in Urban Terrain site while nearly completing a Stryker range and a convoy live-fire range,” Niles said. “We did all this during a very dynamic time.”

Niles said the garrison’s support has been critical to the pre-deployment training of 25th Infantry Division units as well as several battalions in the 3rd and 12th Marine Regiments.

“Our work building partnerships with the local community has been tremendous as well,” Niles said. “Between feeding the homeless, work in the veterans cemeteries, support to Habitat for Humanity and countless other service projects, PTA employees and training units have been active in our community, and I know you will continue these efforts.”

Niles concluded with thanks to the USAG-HI leadership and staff.

“It has been challenging at times being on a separate island, but you continued to come through.”

He also thanked the Pohakuloa staff for its support to him and to the military men and wom-



Lt. Col. Eric Shwedo, incoming commander, USAG-P, addresses the garrison during a change of command ceremony at Pohakuloa, July 10.

en who trained here.

Niles saved his final thanks for his family for their support during his command and during the many moves, interesting hours and other obligations during his Army career.

“You have borne all and were supporting throughout,” he said.

Niles offered a bit of advice to new commander Shwedo: “Always remember why we are here: the serviceman. What we do enables them to be prepared for their next mission and return home

safely.”

Shwedo was brief and said he looks forward to the opportunities and challenges of commanding Pohakuloa. He also praised new garrison command sergeant major Higgs, saying Pohakuloa is lucky to have him.

“It is evident that (Niles) was instrumental in the success of PTA and has set it on a clear path for the future,” Shwedo said. “You have built many bridges across the Big Island and have made PTA the Pacific’s premier training area.”

413th CSB welcomes new leadership

CRISTA MARY MACK
311th Signal Command (Theater) Public Affairs

PEARL HARBOR — Hawaiian tradewinds blew favorably across the deck of the USS Missouri, here, June 28, as Col. Michael Hoskin relinquished command to Col. Martin Zyburra at the first change of command ceremony for the 413th Contracting Support Brigade.

“The brigade has flourished under (his) leadership and tremendously improved the contracting capability that today supports the U.S. Army-Pacific, U.S. Pacific Command and military units all across the Pacific,” said keynote speaker Brig. Gen. Theodore Harrison, commander, U.S. Army Expeditionary Contracting Command.

In 2009, the 413th CSB was activated under the Army Contracting Command and the Expeditionary Contracting Command in support of PACOM and USARPAC. Although it is the first change of command since the unit’s activation, the duties and responsibilities of the 413th actually trace lineage as far back as

1898, when the U.S. Army first entered Hawaiian waters and contracting support began.

More recently, the concept of what is today’s contracting command’s responsibility became manifest in 1979 through the establishment of the Principal Assistant Responsible for Contracting under USARPAC.

“Contracting is a hand-to-hand process, and therefore, it’s a team sport,” Harrison said. “The 413th could not be successful without the support of the entire acquisition team of operational planners, research managers, logisticians, quality assurance professionals, contracting officer representatives and, most of all, senior leaders. So thank you to the USARPAC team and supporting units ... for providing world-class contracting support for our (Soldiers) across the PACOM area of operations.”

In its three years, the 413th CSB has deployed 26 contingency contracting officers across Asia and the Pacific to complete contracting missions. These missions included 12 joint exercises and eight humanitarian assistance missions in 14 different countries, which, according to Harrison, were punctuated by support in Japanese tsunami relief efforts in 2011 with Operation Tomodachi.

“While the 413th is saying goodbye to an outstanding leader, the command is fortunate to welcome another superb leader in Zyburra,” Harrison said. “He is technically astute, and he brings a broad level of understanding and purpose to the command. He understands the demands of the (Soldiers) and the importance of cultivating relationships with Army combatant commands. I look forward to working with him.”

Zyburra previously served as the director of the Enterprise and Systems Integration Center, which is part of the Armaments Research, Development and Engineering Center, or ARDEC, based at Picatinny Arsenal in New Jersey. He also served as chairman of the Joint Service Small Arms Synchronization Team, or JSSAST.

“The 413th CSB has a dynamic and challenging mission,” Zyburra said. “These first three years, they’ve accomplished some phenomenal work supporting contracting operations across the Pacific. I am blessed to be taking command of this brigade, and look forward to working with our partners across the area of responsibility.

“This is a great responsibility, and as we look to the future, there will surely be new challenges and opportunities, and we stand ready to take them on,” he said.

Hoskin’s next assignment will be as director of Contracting Joint Staff at the Pentagon in Washington, D.C.



Photo Courtesy U.S. Army-Pacific Public Affairs

Col. Lewis Setliff III, retiring chief of staff, USARPAC, addresses Soldiers during a Flying V ceremony held in his honor at Palm Circle, July 6.

USARPAC honors retiring chief of staff

U.S. ARMY-PACIFIC PUBLIC AFFAIRS
News Release

FORT SHAFTER — U.S. Army-Pacific honored Col. Lewis Setliff III, retiring chief of staff, USARPAC, with a Flying V ceremony held at Palm Circle, here, July 6.

The Flying V ceremony traditionally welcomes or honors senior Army officials when they assume duties or depart from an Army command, and its name refers to the way the colors are posted during the ceremony, which is V-shaped.

“Today, we honor, thank and say goodbye to a personal friend and friend to USARPAC, Col. Lewis Setliff,” said Lt. Gen. Francis Wiercinski, commander, USARPAC.

During the ceremony, Setliff was awarded the Distinguished Service

Medal for an exceptionally meritorious career serving in positions of increasing responsibility.

Setliff has served as USARPAC chief of staff since July 2010. He is retiring after 30 years of military service.

“Skip (Setliff) is what we call a franchise or marquee player, someone with unique skills and personal talent that can’t be easily replaced,” Wiercinski said. “Thank you for your entire family’s dedication, sacrifice and service.”

“The command climate in this command is absolutely the best I’ve ever been a part of in any organization in the last 30 years,” Setliff said. “There is absolutely no finer headquarters than USARPAC. It is well led and faces a tough mission ahead. This headquarters is ready for the challenge, and I wish you all the very best.”



Spc. David Seong | 311th Signal Command (Theater)

Col. Michael Hoskins (right), outgoing commander, 413th CSB, hands a club lined with shark’s teeth to Col. Martin Zyburra, incoming commander, during a change of command ceremony held aboard the USS Missouri at Pearl Harbor, June 28.



Units announce changes of command ceremonies

U.S. ARMY GARRISON-HAWAII
Public Affairs Office

The Army Hawaii community is invited to attend upcoming changes of command ceremonies.

The change of command ceremony is a time-honored tradition that formally symbolizes the continuity of authority when a command is passed from one commander to another.

The ceremonies, below, will take place at Weyand Field, Schofield Barracks, unless otherwise noted.

Times listed are start times for the change of command or responsibility. Awards ceremonies usually precede the change of command.

Leadership changes

- July 17, 10 a.m., 500th Military Intelligence Brigade; Col. Patricia Frost will relinquish command to Col. William Mangan.
- July 17, 2 p.m.; Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii, will relinquish command to Col. Daniel Whitney, and Command Sgt. Maj. Robert Williamson will relinquish responsibility to Command Sgt. Maj. Philip

Brunwald, during this combined USAG-HI ceremony.

Cadet Sheridan Road will be closed to thru traffic during the ceremony. Attire is duty uniform for military, aloha attire for civilians. RSVP to natalie.a.bradshaw.civ@mail.mil or call 656-0615.

Mulbury’s next assignment is chief of staff, 25th Infantry Division, Schofield Barracks.

- July 18, 10 a.m., U.S. Army Corps of Engineers-Honolulu District; Lt. Col. Douglas Gutormsen will relinquish command to Lt. Col. Thomas Asbery. This ceremony will take place at

Palm Circle, Fort Shafter.

- July 20, 10 a.m., 2nd Brigade, 25th Infantry Division; Col. Christopher Vanek will relinquish command to Col. Thomas Mackey.
- Aug. 15, 10 a.m., 311th Signal Command (Theater); Brig. Gen. William Scott will relinquish command to Maj. Gen. James Walton. This ceremony will take place at Palm Circle, Fort Shafter.

(Editor’s Note: Information listed is subject to change due to inclement weather. Contact the unit for more details.)

25th CAB maintains readiness, thanks to FOB teams

Story and Photos by
SGT. DANIEL SCHROEDER

25th Combat Aviation Brigade Public Affairs,
25th Infantry Division

FORWARD OPERATING BASE WOLVERINE, Afghanistan — In order to maintain operational readiness, the 25th Combat Aviation Brigade, 25th Infantry Division, ensures all its equipment



Spc. Christopher Grant, an aircraft powertrain repairer with Co. D, 2nd Bn., 25th Avn. Regt., 25th CAB, removes bolts from a main rotor hub for a UH-60 Black Hawk helicopter.

is serviced within the proper guidelines to provide security for Soldiers on the ground.

For Soldiers of Company D, 2nd Battalion, 25th Aviation Regiment, 25th CAB, the equipment they service is not computers or vehicles, but UH-60 Black Hawk and AH-64 Apache helicopters.

These services are called preventative maintenance inspections, more commonly referred to as phase maintenance. During phase maintenance, the aircraft is systematically broken down into sections, and each part is inspected for cleanliness and condition by the PMI manual.

“Our mission is to find any problems with the aircraft, repair them and push out a bird (helicopter) as close to new conditions as possible,” said Sgt. Phillip Dowdy, a UH-60 Black Hawk mechanic with Co. D, 2nd Bn., 25th Avn. Regt., 25th CAB.

“There is something new to be learned each phase,” Dowdy said. “Each individual inspection helps us to learn about each part.”

When an aircraft is received for phase maintenance, a team of Soldiers begins the break down.

“We have 10 UH-60 crew chiefs and 10 mechanics from our support shop made up of avionics, sheet metal, power train and power plant technicians,” Dowdy said. “We brought some new Soldiers with us, fresh from the schoolhouse. Each of us has gained a lot of experience from the nine PMIs completed since arriving here.”

Phase maintenance is based off the amount of flight hours the aircraft has had since the time it was built or after its last phase maintenance session. Two time periods are used for PMIs conducted for UH-60s. The first is at 360 flight hours and usually lasts for seven days; the second is at 720 flight hours and lasts for roughly 14 days due to the extensive tear down and inspection.

“We note the deficiencies when we come



Spc. Melinda Yenter, a UH-60 Black Hawk crew chief with Co. D, 2nd Bn., 25th Avn. Regt., 25th CAB, installs stabalator hinge fitting on a horizontal stabalator for a UH-60 Black Hawk helicopter during a phase maintenance session in Afghanistan, recently.

across them in our inspections,” said Chief Warrant Officer 4 William Rector, production control officer in charge, Co. D, 2n Bn., 25th Avn. Regt., 25th CAB.

“Of those deficiencies, we remove, repair and replace anything we can down to the smallest nut and bolt, rivets and cracks in the airframe,” Rector added. “Every inch of the rotor blades is inspected.”

In the past nine years, the UH-60s have gone from receiving phase maintenance once every 500 flight hours to 360-flight-hour interval inspections. Also, before the aircraft goes in for

phase, two 120-flight-hour inspections are conducted by the line companies.

During the deployment rotation, the phase teams will continue to perform PMI 1 and 2 until it is the aircraft’s time to be shipped back to the U.S., where it will undergo a reset and receive a complete overhaul.

“Each time we perform a phase, we challenge ourselves to see how clean we can get the aircraft,” Dowdy said. “It is a great feeling to watch the helicopter fly on a test flight and return safely with no issues, which lets us know we gave the line companies a good product.”

Many moving pieces go into exercise Tendon Valiant 2012

Story and Photo by
SGT. 1ST CLASS RODNEY JACKSON

18th Medical Command (Deployment Support)
Public Affairs

MALANG, Indonesia — A new process was added to the regular events of the six-day multinational Medical Readiness Training Exercise, known as Tendon Valiant 2012, here, June 18-23.

Teams went door to door providing medical aid and conducting assessments for families living in the same areas of the clinics, here.

The new process was the idea of Col. Frank Newton, deputy surgeon, U.S. Army-Pacific.

The 18th Medical Command (Deployment Support) and USARPAC’s Surgeon’s Office led the exercise. The Indonesian National Armed Forces-Tentara National Indonesia, or TNI, hosted the exercise.

“The teams were excited about going door to door,” said Brig. Gen. Keith Gallagher, commander, Pacific Regional Medical Command and Tripler Army Medical Center, and USARPAC surgeon.

Dentists, nurses, physicians and other health providers from the U.S., Indonesia, Australia, Cambodia, Malaysia, Nepal, the Philippines, Thailand, Timor Leste, Tonga and Vietnam teamed up to aid families.

Gallagher said an active case of tuberculosis was found, and an elderly woman with a large goiter on her neck received aid. Those cases, Gallagher went on to say, would never have been found if the program hadn’t been added.

It had been a long, long time since her last exam, said Mrs. Sriutami, a villager in Malang.



Leaders stop for a discussion with Indonesian health care providers while visiting a village as part of Exercise Tendon Valiant 2012, held in Malang, Indonesia, June 18-23. Pictured are Col. Dwight Shen (left), physician, TAMC; Maj. Gen. Joseph Chaves (second from left), deputy commander, Army National Guard, USARPAC; Col. Judith Bock (third from left), commander, 18th MEDCOM (DS); Rear Adm. Raquel Bono (fifth from left), command surgeon, U.S. Pacific Command; Col. Frank Newton (second from right), deputy surgeon, USARPAC; and Brig. Gen. Keith Gallagher (right), commander, PRMC and TAMC.

She said she really liked being seen by the doctor, having an exam and getting medicine. She said she would like to see health promotion classes for villagers.

Regular events of the exercise included a behavioral health seminar, a health volunteer seminar and a Medical First Responder, or MFR

course, which helped Indonesian National Armed Forces medical personnel and community health volunteers provide better aid to surrounding communities and assist in training other personnel to do the same.

Dr. (Capt.) Nursito, marine, Indonesian armed forces, said the MFR course was “great” and

“awesome” — exactly what their armed forces needed.

Nursito said that each service in the TNI has different medical protocol. With the MFR course, all three branches came together to go through the same course, allowing the services to communicate better.

When asked what the course could offer next time, Nursito said, “more time.”

“Maybe two weeks would be better, and adding a water environment for the navy and marine personnel,” Nursito explained.

During the closing ceremony for the MFR course, Rear Adm. Raquel Bono, command surgeon, U.S. Pacific Command, told the participants, “This is a wonderful example of the collaboration and cooperation that we have with our countries. I think that the success that you’ve demonstrated ... is a good sign that if you continue your work that you will also be equally successful in your teaching.

“We know ... how important it is for everyone to have health in many domains. That includes not only the physical condition, but mental, inner spiritual and the social well-being,” Bono continued. “I’m very grateful, and I’m also impressed and encouraged by the work and participation that all of you are showing here.”

“Thank you very much for letting us participate with you and to train with you,” said Col. Judith Bock, commander, 18th MEDCOM (DS). “Remember that we make our mistakes while we’re training so that we get it right when it counts. Thank you for welcoming us into your country and making new friendships.”

LSV: Ship is back with Soldiers

CONTINUED FROM A-1

on the stern of the ship, and things were right again. The waterborne Soldiers had their ship, and the ship had them.

“With this vessel and this crew, we will be finest ship in the fleet,” Barnes said.



The guidon bearer from the 163rd Trans. Det., 524th CSSB, 8th MP Bde., 8th TSC, races the unit’s guidon onto the LSV Lt. Gen. William B. Bunker during a ceremony, June 29.

599th Trans. Bde. loads out from Barbers Point

Story and Photo by
DONNA KLAPAKIS

599th Transportation Brigade Public Affairs

BARBERS POINT — Members of the 599th Transportation Brigade spent the day by the sea as the brigade conducted its fourth loadout from Kalaeloa Harbor, here, July 7.

The cargo, belonging to four units, is headed to South Korea for an exercise.

Most of the cargo and all of the Strykers belong to 1st Battalion, 27th Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division.

The 130th Engineer Brigade, 8th Theater Sustainment Command, and the 18th Medical Command (Deployment Support) also shipped cargo, said John Manahane, traffic management specialist, 599th Trans. Bde.

July 2-3, the cargo was prepared for movement at Schofield Barracks’ alert holding area. The cargo was then trucked to the port in three convoys. Staging began at Barbers Point at 9 a.m., and was finished at 4 p.m., July 6.

“We made our first move from Barbers Point in December, but by now, using the port has become commonplace for us,” said Carlos Tibbetts, terminal operations chief, 599th Trans. Bde.

“This move was a concerted effort in coordination with a lot of people involved — the Directorate of Logistics, U.S. Army Garrison-Hawaii;

Installation Management Command-Pacific; military units; the State of Hawaii; Central Gulf Lines — and we all played our parts and came together to make this a smooth operation,” said Greg “Ben” Benjamin, traffic management specialist, 599th Trans. Bde.

Besides advantages with the size and placement of the staging area and the more convenient drive from WAAF to Barbers Point, Manahane said it was fortuitous this particular cargo had been loaded out through Barbers Point instead of Pearl Harbor.

“Right now, with Pearl Harbor concentrating on the Rim of the Pacific, or RIMPAC, exercise, cargo moves on commercial vessels aren’t going in and out of there,” he said.

Six members of the logistics support team, 225th Brigade Support Battalion, 2nd BCT, were also on hand at the port during the move.

“The stevedores can start and drive the Strykers, so normally they don’t need us,” said 2nd Lt. Robert Hawkins, officer in charge of the team. “But on the last move, there was an issue with starting one of the Strykers, so we brought out the team for support.”

Stevedores loaded the last item aboard the vessel at 3:26 p.m., July 7, and it sailed at 6:10 p.m.

The cargo is due in South Korea in about two weeks, where it will be offloaded by the 837th Transportation Battalion.



Greg Regpala (top) and Greg “Ben” Benjamin, both traffic management specialists with the 599th Trans. Bde., measure the height of a Stryker before loadout from Barbers Point, July 7.



2nd Lt. Lauren Looper | 65th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command Public Affairs

Divers from the 7th Dive Det., 65th Eng. Bn., 130th Eng. Bde., 8th TSC, prepare to head beneath the waters of Pearl Harbor to tour the USS Arizona, June 28.

7th Dive Det. helps preserve history at USS Arizona site

2ND LT. LAUREN LOOPER

65th Eng. Battalion, 130th Eng. Brigade,
8th Theater Sustainment Command

PEARL HARBOR — The USS Arizona Memorial is one of America’s greatest historical landmarks.

The sunken ship is a tomb, and the waters surrounding it are restricted, so diving at the memorial is a rare privilege given only on special circumstances and only to the most experienced of divers.

To dive at the USS Arizona Memorial, here, was an honor for the 7th Dive Detachment, 65th Engineer Battalion, 130th Engineer Brigade, 8th Theater Sustainment Command, June 28.

“I’ve been diving a lot, and you just felt the weight of World War II on your shoulders under the water,” said Lt. Col. Darman Place, battalion commander, 65th Eng. Bn., 130th Eng. Bde., 8th TSC.

The dive served as the culminating event for the detachment’s sergeant’s time training.

The days leading up to the dive consisted of classes and inspections on the supports for the USS Arizona. The structure must be inspected every 10 years in order to ensure that it is safe and stable.

The training at Pearl Harbor benefited the National Parks Service and the 7th Dive Det. The National Parks Service saved money by not having to contract the work out, and the detachment received useful training and the opportunity of a lifetime.

The unit’s young divers benefit from this type of training. Army divers inspect and clean watercraft propellers and hulls, patch damaged watercraft hulls and salvage equipment. They also help with underwater construction of piers and harbor facilities, and survey rivers, beaches and harbors for underwater obstacles.

Young Army divers learn how to weld, cut and use power tools and explosives underwater — skills that they use on underwater missions such as the USS Arizona. Skills are then mastered through mentoring by first class divers and master divers.

“We’ll send one experienced diver down and one new diver down,” said Sgt. 1st Class Beau Woodcox, master diver and first

sergeant, 7th Dive Det. “(The new diver’s) getting training the whole time we’re gathering good information for the park service. (Experienced divers) are inspecting the piles, making sure they’re going to last longer. As they are doing that, they are showing the new divers exactly what to look for.”

“When you get to some parts of the vessel, you can see where some of the bombs made impact with the ship, and you can get a sense of how much damage was done to that ship,” said Staff Sgt. Brandon Rohde, first class diver, 7th Dive Det. “It was pretty cool just to get to dive the Arizona.”

“The 7th Dive Team is an amazing unit that does just about everything we do on land, underwater,” Place said. “It’s no surprise that they were called out here to do this work. They are widely regarded as the best dive unit in the Army and are certainly on par with anything the Navy has to offer.”



Staff Sgt. Brandon Rohde | 7th Dive Det., 65th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command

Sgt. 1st Class Andrew Harrison, diving supervisor, 7th Dive Det., 65th Eng. Bn., 130th Eng. Bde., 8th TSC, dives at the USS Arizona.



Pfc. Caleb Whisman | 7th Dive Det., 65th Eng. Battalion; 130th Eng. Brigade; 8th Theater Sustainment Command

Sgt. 1st Class Beau Woodcox, master diver, and first sergeant, 7th Dive Det., 65th Eng. Bn., 130th Eng. Bde., 8th TSC, supervises entry of divers into the water next to the USS Arizona Memorial.

RIMPAC: 8th TSC Soldiers ship out to sea to participate in biennial exercise

CONTINUED FROM A-1

equipment from Oahu to the Big Island and beyond in support of the warfighter in Afghanistan,” Garcia said.

This day, the LSV crew saw something completely different, but was up to the challenge.

“Usually when we work with navies, we work with navies,” said Petty Officer 2nd Class John Casey, weapons engineering technician, Royal Canadian Navy. “We’re not used to seeing Soldiers at sea, so it has been a unique experience for us, but the guys and girls here have been great, and it has been great working

with them.

“They understand what we need and what we’re doing,” Casey continued. “If given the opportunity we would want to work with the Army again!”

The submarine is a diesel-electric hybrid, designed in the United Kingdom in the late 1970s. After being decommissioned by the U.K., Canada purchased the submarines in 1998, and this test was the first sonar sea test of the sub since its purchase.

The HMCS Victoria surfaced beside the 605th’s LSV, effectively handing over a thick wire filled with fiber optics. Once the wire was connected between the two vessels, the submarine used the

equipment on the LSV to listen with its sonar.

The official name for the sonar is a “towed array sonar,” which is basically a long cable with hydrophones or small microphones that is trailed behind the ship when deployed, according to Lt. Cmdr. Ben Thomson, submarine technical officer, Royal Canadian Navy.

The hydrophones are placed at specific distances along the cable and can be used to detect sound sources.

The real value of the array is that it can be used not only to calculate the distance and direction of a sound source, but also to determine the type of ship based on machinery noise.

Former Afghan refugee becomes a U.S. Army doctor

STEPHANIE BRYANT
Tripler Army Medical Center Public Affairs

HONOLULU — “I think success is the best revenge in life,” said Maj. Rhine Hejran, as she described her long and harrowing journey to becoming a doctor in the U.S. Army.

Hejran, who is now the deputy chief of Inpatient Psychiatric Service at Tripler Army Medical Center, was born and raised in Kabul, Afghanistan.

She graduated from Kabul University School of Medicine; shortly after, her family made the difficult decision to flee to neighboring Pakistan.

“Without notice (boys were taken) from the streets and (sent) to fight at the border,” Hejran said, describing the spread of communism by Russia’s army into Afghanistan in 1979.

“We felt in danger, especially about my brothers, because one was in a university and the other was still in school,” Hejran said. “Can you imagine leaving your country (and) you don’t know where you are going (or) what you will be doing?”

Hejran, along with her father, had to cross the border through deserts and mountains. She said they were stranded for more than a week at the Afghan-Pakistan border, as the Russian army did not want Afghans, particularly educated Afghans, leaving the country.

“(We) had many close moments where I was shot at and passed nearby mine explosions,” Hejran said. “I witnessed people being shot and caught in mine explosions who lost their lives.”

Hejran’s mother and two brothers were able to travel to the U.S. in the early ‘80s unrestricted. Shortly after, the U.S. allowed

Hejran’s father to join his wife and sons, but red tape stranded Hejran in Pakistan for two years.

Despite the hardships and family separation, Hejran said it was during her time at the border, caring for Afghan refugees, that she realized she wanted to be a psychiatrist.

“In the refugee camps, I was noticing a lot of the families didn’t really have physical problems, but because of the depression they had, they were becoming physically disabled,” Hejran said. “I realized the power of the mind, and my deep interest in the field of psychiatry took shape.”

When Hejran was finally able to join her family, she was dealt another blow when she learned she was not recognized as a physician in the U.S., despite her prior medical education and humanitarian work. She took other jobs in an effort to socialize and learn English, and in 1996 she passed her board exam.

“Persistence and perseverance were my tools,” Hejran said.

After moving to the U.S., Hejran had become fascinated with the idea of joining the Army, partly from watching movie and television depictions, like M*A*S*H.

“I was (intrigued) by the military life and the structure,” Hejran said. “To me, it was more like a fantasy, because in Afghanistan, women cannot serve in the military.”

In August 2011, Hejran deployed with Combat Support Hospital 96 as the only psychiatrist to Contingency Operating Base Speicher in Iraq to provide psychiatric services for more than 3,000 service members.

Hejran said she has no regrets and loves her career. She hopes to complete a fellowship in the field of forensic psychiatry.



Photo Courtesy Tripler Army Medical Center Visual Information

Newly promoted Maj. Rhine Hejran (center), deputy chief of Inpatient Psychiatric Service, TAMC, stands tall as Lt. Gen. Patricia Horoho (right), U.S. Army Surgeon General and commander, U.S. Army Medical Command, and Brig. Gen. Keith Gallagher, commander, Pacific Regional Medical Command and TAMC, pin her with the rank of major during her promotion ceremony, held at TAMC, recently.

COMMENTARY

Vietnam Veterans Club reunites

2ND LT. CHARLES PAYNE
561st Engineer Company, 84th Eng. Battalion,
130th Eng. Brigade, 8th Theater Sustainment Command

CHARLESTON, S.C. — This year, I was afforded the opportunity to attend the 84th Engineer Battalion’s Vietnam Veterans Club Reunion, held at the Holiday Inn-Riverview overlooking the beautiful Ashley River in Charleston, S.C., June 21-24.

Jerry Zenoni, the coordinator for this year’s event, gave me a wonderful “Never Daunted” welcome upon my arrival and quickly introduced me to the retired Soldiers of the 84th Eng. Bn., 130th Eng. Brigade, 8th Theater Sustainment Command.

Although I only have a year under my belt as a second lieutenant, the men were extremely accommodating and excited to share their experiences. Assembled in front of me were retired Maj. Ben McWilliams, a former Company B commander, and many retired warrant officers and heavy equipment operators, most of whom had served on multiple deployments during the Vietnam War.

The stories that followed were nothing short of incredible. Before I could even grab my pen, Richard Sharp, a former “Spec-5” (Specialist Fifth Class, or E5) and heavy equipment operator, began filling me in on Operation Duke, an

operation that was one of several construction missions to improve airfields throughout Vietnam.

From roadways and ammunition depots, to bridges and hospitals, the Soldiers of the 84th Eng. Bn. never shirked their responsibility to provide exceptional construction support throughout their time in Vietnam. Considering the diversity of mission sets accomplished by these men in the face of limited resources and personnel constraints, I could not help but question whether Americans truly understand, even today, the demands placed upon engineers during the Vietnam conflict.

During these demanding missions, the veterans faced many of the same issues Soldiers confront in Afghanistan today: maintenance of equipment, improvised explosive devices and an enemy able to hide in sight.

“For all we knew, the Vietnamese barber who cut my hair during the day was the same man placing IEDs along our routes at night,” said McWilliams.

Nevertheless, whether constructing the Bong Son bridge or improving lines of communication between North and South Vietnam, the “Never Daunted” battalion always completed the mission.

After the veterans of the battalion shared their stories, I had the opportunity to provide a presentation on the battalion’s current and future missions. Upon stating that we had two Soldiers currently on mission in Vietnam, one of the men playfully shouted, “Well, why did you send them back to that place?”

In spite of all the wise cracks and hilarious tales, the veterans’ actions made it clear, the most important aspect of military service is the camaraderie.

Johnnie Sanders, a retired warrant officer, put it best when he said, “At the end of the day, what made us successful were people trying to take care of people.”

The respect and esteem held among the retired Soldiers are unparalleled. Their ability to lean on each other and find humor in the most miserable of conditions speaks to the quality of men in the 84th Eng. Bn. during the Vietnam War.

Before departing, the men graciously thanked me for my service, and then invited me to come back to the following year’s reunion. To be thanked by a generation of Soldiers who sacrificed years of their lives in selfless service is a humbling experience.

Although the weekend in Charleston was brief, the opportunity to interview and befriend the veterans of the 84th Eng. Bn. is a privilege I will cherish throughout my life and career as an American Soldier.



Mary Jane Zenoni | U.S. Army Photo

2nd Lt. Charles Payne (second row, center), 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, joins former members of the 84th Eng. Bn. and Vietnam veterans at their annual reunion, held in Carleston, S.C., June 21-24.

BUSES: Cuts aren’t set yet

CONTINUED FROM A-1

are unaffected for this school year.

Although all of these cutbacks are not set in stone, the potential burden on Army families, especially with elementary students, is immediate, as U.S. Army regulations stipulate that “no child under the age of 10 is allowed to walk to and from school without supervision.”

The beginning of school for most students begins July 30, and there is not much time to plan and prepare for the transportation needs of students.

Some alternative ways to get students safely to and from school include creating a carpooling network with neighbors and friends, and having parent-volunteers walk with children.

School Bus Routes
Call USAG-HI’s SLO at 655-8326 to voice your concerns.

ATEX: Security to increase

CONTINUED FROM A-1

Community members at Wheeler Army Airfield and Schofield Barracks are asked not to be alarmed if they see smoke on the airfield, as this will be part of the exercise.

Motorists should plan for additional travel time due to expected traffic congestion at Fort Shafter/Shafter Flats, 9 a.m.–noon, July 19, and Wheeler Army Airfield, between 8-10 a.m., July 20. Community members with appointments on Fort Shafter/Shafter Flats are encouraged to arrive early for their appointments, July 19.

Heightened security measures, including a temporarily increased elevation of force protection conditions, or FPCON, will take place here, at Fort Shafter and Wheeler Army Airfield during the exercise. USAG-HI’s Directorate of Emergency Services asks for the community’s patience at access control points.

Schofield Barracks and Tripler Army Medical Center will not be affected by the exercise.

Recent active shooter events, which have occurred on the mainland, highlight the real possibility of an event occurring on our installations. We must be prepared on what we would do and how we would respond.

The ATEX takes proactive measures to ensure the installation and its workforce are prepared in case of a real act of terrorism. The exercise also promotes situational awareness, safety and personal responsibility in preventing attacks.



Sgt. 1st Class Adam Phelps | 94th Army Air and Missile Defense Command Public Affairs

Soldiers from the 94th AAMDC receive fire training from members of the Schofield Barracks fire department during the unit’s safety stand down day on Schofield Barracks, June 28.

94th AAMDC holds stand down to improve safety

Safety’s a top priority, especially during ‘Dog Days of Summer,’ thru Labor Day

SGT. LOUIS LAMAR
94th Army Air and Missile Defense Command Public Affairs

SCHOFIELD BARRACKS — Soldiers from the 94th Army Air and Missile Defense Command participated in a semiannual safety stand down day, here, June 29.

The training was conducted to meet the Army’s requirement for safety training in areas of disas-

ter preparedness to drown-proofing and deep-water entries training.

“The goal of our safety program is to provide our Soldiers with as much information and training as possible, so that in the event of a disaster or any incident, they will have the knowledge on how to deal with the situation,” said 1st Lt. David Macaspac, executive officer, Headquarters and Headquarters Battery, 94th AAMDC.

The unit’s safety training spotlighted a variety of areas in the Army’s safety program.

“We focused on summer safety and incorporated fire safety, as well,” said 1st Sgt. Gregory Tidwell, HHB, 94th AAMDC. “We also trained on disaster management and how important it is

due to tsunamis, hurricanes and other natural disasters that may occur at anytime on this island.

“Training was also conducted on drown-proofing due to the high numbers of Soldiers spending a majority of their free time at the beach surfing or scuba diving,” Tidwell added.

One of the Army’s golden rules is that safety is a top priority for its Soldiers, civilians and their family members.

“It’s very important that people get educated in areas of water safety, such as drown-proofing and the basics of learning to swim, so that when situations occur they will know how to stay afloat,” said Delori Manus, a lifeguard at Richardson Pool.

“My favorite part of safety stand down training was learning how to use my Army combat uniform trousers to float in water and the deep-water entries,” said Pvt. Kia Mullins, intelligence analyst, 94th AAMDC.

“I feel that training days like these are very important,” Mullins said. “Hands-on training like this is good for Soldiers because you can only learn so much from a book.”

The “100 Days of Summer” began on Memorial Day and ends on Labor Day.

Each year the Army incorporates lessons learned and new safety training in order to educate its Soldiers and to make the organization a safer work environment on and off official duty.

News Briefs

Send announcements for Soldiers and civilian employees to community@hawaiiarmyweekly.com

Today

Garrison Survey — U.S. Army Garrison-Hawaii is fielding a community-wide survey through July 31. The survey will gather customer feedback about the quality and importance of garrison services, including ID cards, Child and Youth Services, housing, physical fitness centers and retirement services.

The survey is open to all Soldiers, family members, retirees and civilians who use garrison services.

It can be accessed at www.surveymonkey.com/s/Community_Survey_2012.

Responses are anonymous.

Call Gayle Yanagida, 655-8391, for details.

19 / Thursday

Antiterrorism Exercise

— U. S. Army Garrison-Hawaii will conduct its annual antiterrorism exercise on Fort Shafter Flats, July 19, and on Wheeler

Army Airfield, July 20.

Key exercise objectives are to test law enforcement response to a suspected terrorist incident, to test alert procedures/communications systems, to test mass casualty plans/procedures, and to ramp up access control gates to higher force protection conditions.

Motorists may encounter temporary delays at all gates entering Fort Shafter, Fort Shafter Flats and Wheeler Army Airfield during the exercise.

All residents can also expect to see and hear “Exercise-Exercise-Exercise” alerts and announcements from area mass notification/giant voice systems, emails and websites during the exercise.

Call Donald Murry, USAG-HI antiterrorism officer, 656-0152.

Ongoing

Temporary Schofield VCC — Due to construction on Lyman Gate, the SB Visitor Control Center has relocated to Kawamura Gate, WAAF.

Construction began July 5 and will last six-eight weeks. During this time, visitors and contractors who require an installation pass to SB must use the temporary VCC located at WAAF’s Kawamura Gate.

To accommodate the temporary VCC, Wright Avenue will be partially closed. Once processed through the VCC, vehicles will drive through WAAF via Santos Dumont Road and Wright Avenue.

Drivers should anticipate a change in traffic patterns on the installation and allow for extra time in their commute.

For current traffic advisories, visit www.garrison.hawaii.army.mil, click on “Post Information,” then “Traffic Updates.” Call 674-7656.

Road Closure — Sections of Airdrome/Latchum roads will be fully closed, 24/7, during reconstruction, July 2-Aug. 17, subject to change, pending weather delays.

- Airdrome Road will be fully closed between Sasaoka Street and Denny Road, July 2-25.
- The one-way portion of Latchum Road, near Building 1006, will be closed, July 26-Aug. 6.
- Airdrome Road will be fully closed between both sides of Denny Road, Aug. 7-17.

HHC’s Organizational Day is more like family picnic

Story and Photos by
SGT. GAELEN LOWERS

8th Theater Sustainment Command Public Affairs

BELLOWS AIR FORCE STATION — “The (Headquarters and Headquarters Company, 8th Special Troops Battalion, 8th Theater Sustainment Command) is a family, and days like this give us a chance to show it,” said Capt. Kristin Tashma, commander, HHC, 8th STB, 8th TSC.

That statement summed up the feelings of the first — but not the last — HHC, 8th STB, 8th TSC Organizational Day, held here, July 6.

It was a day away from the office, a chance for Soldiers to have some fun with family, both in the literal and figurative sense.

“This is all about unit cohesion,” said Sgt. Lauren Johnson, communications sergeant, 8th TSC.

“Organizational days bring everyone together outside of the office and let everyone enjoy each other’s company,” Johnson said.



Sgt. Dan Cortez, orderly room sergeant, HHC, 8th STB, 8th TSC, flips barbecue chicken at the company’s Organizational Day.

The day began with a safety briefing and a group photo, followed by games, prizes and food galore.

“Grill masters” cooked for the more than 300 people who showed up for the day, serving hamburgers, hot dogs, barbecue chicken, potato and macaroni salads, multiple varieties of chips, drinks, and all shapes and sizes of desserts. There was even a snow cone and cotton candy machine run by the company commander and executive officer.

Bouncy houses for children and sumo suits for adults and older teens rounded out activities, as well as horseshoe pits and tug-of-war ropes. A volleyball court and large jungle gym, for all ages, saw lots of action, too. Also, the picnic location was facing a large beach where on-duty lifeguards ensured everyone enjoyed a safe swim.

“I think everyone is having a fantastic time,” Tashma said. “We wanted to get everyone together, away from the office, so we could all have a little fun.”

After the success of this Organizational Day, the HHC, 8th STB, 8th TSC, plans on making it an annual event.

“After all the fun we had here today, I can’t wait to come to next year’s!” Johnson said.



Sgt. 1st Class David Wheeler | 8th Theater Sustainment Command

Sgt. Adam Touchque (left), tactical communications sergeant, 8th TSC, prepares for battle during the company’s Organizational Day.



1st Lt. Nicolas Roth (center), executive officer, HHC, 8th STB, 8th TSC, hands out cotton candy as part of the company’s Organizational Day.



Soldiers of HHC, 8th STB, 8th TSC, and their families pose on the beach at Bellows Air Force Station during the company’s Organizational Day, July 6.



Local and national initiatives strive to maximize military election participation

SARAH PACHECO
News Editor

WHEELER ARMY AIRFIELD — Soldiers, their families and civilians alike were reminded that voting season is just around the corner during an Armed Forces Voters Week event held, both here, and on Schofield Barracks, July 5.

Volunteers manned tables set up in front of the commissary, PX, Martinez Gym and library on Schofield Barracks, as well as the PX, here, armed with brochures outlining the process required to register and ways to obtain an absentee ballot from local election officials.

Absentee ballots were provided to those of eligible voting age.

“We did this to remind not just Soldiers to do their absentee ballots, but to remind everyone to get out and vote,” said Charlene Shelton, transition services manager and installation voting assistance officer, Directorate of Human Resources.

At the end of the day, Shelton estimated 50 voters had registered or received information on voting from the event.

Each federal election year, the Federal Voting Assistance Program, or FVAP, works with the armed services and overseas citizens groups to promote voter registration and absentee voting by conducting Voting Emphasis Weeks.

The 2012 Armed Forces Voters Week ran in

conjunction with Overseas Citizen Voters Week, June 28-July 7, and received priority support from the Secretary of Defense.

During this week, commanders and voting assistance officers, or VOAs, encouraged all eligible and interested citizens to participate in remaining state primaries and to vote in the upcoming general election, Nov. 4.

According to the FVAP website, www.fvap.gov, the week also underscored the importance of early action on the part of the voter in order to obtain a ballot for the general election well in advance of state deadlines for registration and ballot requests.

In 2008, the No. 1 reason military and overseas voters did not participate in voting was due to failed ballot transmission, according to the FVAP’s Eighteenth Report to the Congress.

In the report, local election officials reported they did not count many ballots from uniformed and overseas citizens because they were received after the deadline.

The Military and Overseas Voter Empowerment Act

The predominant method of ballot transmission and return through the 2008 election cycle was by postal mail, requiring transfers either between the U.S. Postal Service and the Military Postal System for military voters, or between the USPS and foreign mail systems for overseas civilian voters.

Total one-way transit time alone could be as little as three days to as long as 30, even 40 days; however, absentee voters are given a total of 45 days to complete and return their ballots to local election officials.

In response, the Military and Overseas Voter Empowerment Act (included in the National Defense Authorization Act for Fiscal Year 2010) called for greater online access and automation of voter registration and absentee ballot systems that could make the voting process easier, more intuitive and more seamless for these voters while maintaining the integrity of the process.

Last May, the Department of Defense, or DOD, announced the availability of federal funding to support research to advance electronic options for military and overseas citizens when voting absentee. U.S. state, territory and local governments were eligible to apply for grants through the Electronic Absentee Systems for Elections, or EASE, grants program.

To date, a total of \$25,442,413.56 in grants has been distributed, and FVAP has identified additional funding beyond the previously allocated \$20,600,000.

The DOD is encouraging “all personnel ... to carry out the obligations of citizenship” and for “eligible voters ... to vote,” in a memorandum

See Armed Forces Voters B-4

Remaining Primaries

Below is a list of remaining primaries, listed by state and date.

It may not be too late to participate in the August primaries; if you have not received your requested state ballot, submit the back-up Federal Write-In Absentee Ballot, or FWAB, to the Federal Voting Assistance Program website.

August Primaries

Tennessee: Aug. 2

Kansas, Michigan, Missouri and Washington: Aug. 7

Hawaii: Aug. 11

Connecticut, Florida, Minnesota and Wisconsin: Aug. 14

Georgia: Aug. 21 (Primary Runoff)

Wyoming: Aug. 21

Alaska, Arizona and Vermont: Aug. 28

Oklahoma: Aug. 28 (Primary Runoff)

September Primaries

Guam: Sept. 1

Massachusetts: Sept. 6

Virgin Islands: Sept. 8

Delaware, New Hampshire, Rhode Island and Wisconsin: Sept. 11

Spc. David Seong | 311th Signal Command Theater Public Affairs

At right, Haunani Tabocol (center), congressional correspondent tech, Directorate of Human Resources, U.S. Army Garrison-Hawaii, and Tonya Laguatan (right), operations officer, Directorate of Plans, Training, Mobilization and Security, USAG-HI, help retired 1st Lt. Luther R. Manus Jr. (left), register as a voter in front of the PXMarket, Fort Shafter. This is Manus’ first return visit to Hawaii since Oct. 1946, when he was an Army private.



New media, old guidelines rule 21st century election participation

‘Do’s’ and ‘Don’ts’ of Political Activities

All DOD personnel — military and civilian — are reminded to be aware of the limitations that exist when participating in political activity.

In general, active duty service members **may do** the following:

- ✓ Vote;
- ✓ Express personal opinions about political candidates and issues, but not as a representative of the U.S. military;
- ✓ Join a political club and attend partisan and nonpartisan political meetings, debates, conventions or activities as a spectator, when not in uniform;
- ✓ Sign a petition to place a candidate’s name on an official election ballot;
- ✓ Make monetary contributions to a political campaign or party;
- ✓ Display a political bumper sticker on a personal vehicle;
- ✓ Write a letter to the editor or post a blog stating a personal opinion (the opinion must, however, specify that the views are those of the individual and not of the DOD and may not solicit votes for or against a partisan candidate); or
- ✓ Participate in nonpartisan activities that are not specifically identified with a political party, such as a referendum question or a municipal ordinance on, for example, tax or environment issues.



Active duty service members **may not** do the following:

- ✗ Actively participate in partisan political activities, including fundraisers (mere attendance does not constitute participation);
- ✗ Serve as an officer of a political club;
- ✗ Speak at a partisan gathering or participate in any radio or TV programs, including organized blog debates or discussions that advocate for or against a political party, candidate or cause;
- ✗ Seek nomination of candidacy for civil office;
- ✗ Display a political sign, poster, banner or other campaign material visible to the public at one’s residence on a military installation, including homes located in privatized housing; or
- ✗ Attend political events as an official representative of the armed forces unless authorized by the service secretary concerned.

Social Etiquette for Digital Media

With election season fast approaching, the DoD has published a set of guidelines for military personnel detailing what is allowed and what is restricted when participating in political activities.

Generally, all service members are “prohibited from acting in any manner that gives rise to the inference of approval or endorsement of candidates for political office by DOD or the U.S. military,” according to the release.

Below is a checklist of what active duty service members may or may not do in regards to social media activity.

Dos. This activity is okay in social media.

- ✓ Express personal views on public issues or political candidates via social media platforms (Facebook, Twitter, personal blogs), just as if writing a letter to the editor of a newspaper. If the member is identified as an active duty, the entry must clearly and prominently state that the views expressed are those of the individual only and not those of the DOD.
- ✓ Become a “friend” of or “like” the Facebook page of a political party or partisan candidate, campaign, group or cause.
- ✓ “Follow” the Twitter account of a political party or partisan candidate, campaign, group or cause.

Don’ts. This activity is prohibited in social media.

- ✗ Engage in any partisan political activity.
- ✗ Post or make direct links to a political party or partisan political candidate, campaign, group or cause.
- ✗ Post or comment on Facebook pages or “tweet” at Twitter accounts of a political party or partisan political candidate, campaign, group or cause.
- ✗ Suggest others “like,” “friend” or “follow” a political party or partisan political candidate, campaign, group or cause, or forward an electronic invitation of solicitation from said entities to others.





Briefs

Today

Wheeler Bowling Center — Cosmic Bowling special features three games and one shoe rental for \$5, 5-10 p.m. Call 656-1745.

Friday Night Entertainment Series — New acts each and every week at SB Kolekole Bar and Grill. Pau hana specials before the show. Call 655-4466.

- First Friday, Comedy Night (mature audiences only).
- Second Friday, live bands.
- Third Friday, Colby Benson band.
- Fourth Friday, Taking Care of Business band.

14 / Saturday

Kolekole Saturday Nights — The Saturday Night Spotlight features a variety of entertainment at SB.

- First Saturday, Old School Soul Night with DJ Bennie James.
- Second Saturday, Country Night.
- Third Saturday, Hip-Hop/Rhythm and Blues Night.
- Fourth Saturday, Karaoke Night.

15 / Sunday

Sunday at the Clubs — Enjoy Sunday breakfast at SB Kolekole Bar and Grill, 9 a.m.-1 p.m., or Sunday brunch at the Hale Ikena, FS, dining room, 10 a.m.-1 p.m. Call 655-4466 (SB) or 438-1974 (FS).

16 / Monday

Free Hula Classes — The Native Hawaiian Liaison Office, USAG-HI, conducts free hula classes for Soldiers and families. Beginner classes are 5-6 p.m.; advanced classes are 6-7 p.m. Call 655-9694 or email nhliaison@gmail.com.

- Class dates follow:
- Mondays, SB Kalakaua Community Center.
 - Tuesdays, AMR Community Center.

Mongolian Barbecue — Served starting at 5 p.m., Mondays, at the SB Kolekole Bar and Grill, and Thursdays at FS Mulligan’s Bar and Grill.

Cost is 65 cents per ounce. Dinner starts at 5 p.m. Call Kolekole at 655-4466 or Mulligan’s at 438-1974.

17 / Tuesday

Financial Readiness — A financial counselor will be available at the FS ACS office, Aloha Center, Room 111, every Tuesday, until further notice. For appointments, call 438-9285.

18 / Wednesday

Keiki Night — Every Wednesday

BEFORE/AFTER

Airport USO to get makeover

UNITED SERVICE ORGANIZATIONS
News Release

HONOLULU — More than 4,000 military passengers stop into the Honolulu International Airport USO, each month, for a touch of hospitality designed to lift their spirits.

By November, a newly renovated USO will await them with Hawaiian-style luxury.

The vision for the center’s renovation is for guests to immediately feel the “Aloha Spirit” so prevalent in other private sector guests venues in Hawaii — wooden accents, local-style furnishings, Hawaiian background music, elegant lighting, and durable and comfortable Hawaiian-style furnishings.

Open 365 days a year, the USO center at Honolulu International Airport, or HIA, offers military visitors their very first taste of Hawaii, whether they are arriving for a permanent change of station or just a well-earned vacation.

“A visit to the Hawaii USO should create a memory that lasts a lifetime for any military guest, and achieving this is top priority for USO Hawaii,” said USO’s Leigh Leilani Graham, area director, Hawaii and Guam.

“In 2011, alone, this location alone saw more than 36,000 visitors, Graham said. “For this and many other reasons, USO Hawaii is renovating the HIA USO Center to make it the most beautiful and welcoming space possible for our traveling service members and their families.”

Currently, the USO HIA center offers military personnel and their families a TV lounge, free Internet, a children’s play area, and a snack bar with free food and beverage items — as it has done for more than 60 years – all funded completely through the donation of national and local sponsors.

USO Hawaii first opened its HIA center in a location near the Japanese garden. As the airport expanded, the USO has moved twice. Currently, the USO lounge and administrative office is located at the street level between Baggage Claim Areas E and F — a convenient location for arriving military personnel.

“The beloved HIA center has served so many troops over the past years that it is in dire need of refurbishment,” Graham said. “A complete overhaul of lighting, plumbing fixtures and tiling, will set a new stage for



Courtesy USO-Hawaii

Scheduled renovation of the Honolulu Airport USO hospitality area (top) calls for modernization, as visualized, (above).

five-star service the Hawaii USO team wants to ensure for those who protect and serve our country.”

USO Honolulu Airport Renovation

To volunteer, call 422-1213 or email smundon@uso.org.

night, kids under the age of 10 eat from the keiki menu for only \$1.99, 5-8 p.m., at SB Kolekole Bar and Grill and FS Mulligan’s Bar and Grill. Call 655-0660 (SB) or 438-6712 (FS).

Teen Wednesdays — Bowl at Wheeler Bowling Center, 2-4 p.m., Wednesdays, WAAF. Teens can cosmic bowl for \$2. Free shoes with a two-game minimum. Call 656-1745.

19 / Thursday

A Taste of Mulligan’s — The new menu expansion at FS Mulligan’s Bar and Grill begins at 5 p.m. July 19. Attendees receive a special FMWR gift. Call 438-1974.

Zumba — The FS Physical Fitness Center offers Zumba classes, 4:45-5:45 p.m., Thursdays. Cost is \$4 per person. Call 438-1152.

EFMP —The SHARE Support Group meets 10 a.m.-noon, SB ACS, Classroom 3. It provides families with

an opportunity to share experiences, gather new information and learn about community resources. Call EFMP at 655-4227.

10 Steps to a Federal Job

— Job seekers recommended for this two-day seminar, 9-11 a.m., July 19-20, FS Aloha Center, Building 330. Learn key information to help with federal resume writing and learn the importance of networking and executive orders. Call 655-4227.

20 / Friday

Mechanical Bull Ride — Take the mechanical bull ride eight-second challenge, starting at 9 p.m., July 20, Tropics, SB. No cover charge. Tropics is an 18-and-older facility; IDs are checked at the door. Call 655-5698.

21 / Saturday

ACS Family Advocacy — Kids 8-11 years old can participate in Discovery Summit, July 21 and July 26-

27. This workshop is intended to help kids prepare to return to school and be stronger advocates for “No Bullying.”

This workshop discusses the dangers of Internet bullying and help keiki recognize the signs. Call 655-0608.

Bowling at FS — Every third Saturday night of the month, Cosmic Bowl with deejay Bennie James. Food and drink specials apply. Call 438-6733.

23 / Monday

TAMC PFC Resurfacing — The basketball court and racquetball courts at the TAMC Physical Fitness Center, Buildings 300 and 304, will be closed, July 23-28, for resurfacing.

26 / Thursday

U.S. Army Soldier Show — Seating starts at 6 p.m., July 26, Mar-

See FMWR Briefs, B-5

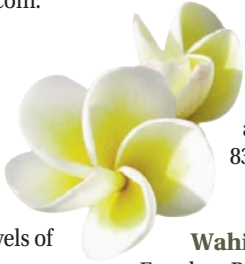
community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

A Preschool Registration — Parents can register for all classes that start Aug. 6-7, at the ASYMCA Wheeler Branch, 1262 Santos Dumont, WAAF. Two levels of preschool are offered:

- Parent participation preschool is a foundational program wherein children are introduced to a more structured learning environment that supports independence. Classes are Mondays and Wednesdays from 9-11 a.m., Mondays and Wednesdays, 9-11 a.m., for ages 2 1/2-3 1/2. Cost is \$70 per month.
- Kinder-prep encourages children to explore academics and learn daily routines. Classes are 8:30-11:30 a.m., Tuesdays and Thursdays, for ages 3 1/2-4 1/2. Cost is \$120 per month. Call 624-5654.



USAG-HI Survey — U.S. Army Garrison-Hawaii will conduct a community-wide survey through July 31. The survey will gather customer feedback about the quality and importance of garrison services, and is open to all Soldiers, family members, retirees and civilians who use garrison services. Access at

https://www.surveymonkey.com/s/Community_Survey_2012. Responses are anonymous. Call 655-8391.

14 / Saturday

Wahiawa Run — The 5K Freedom Run, designed to promote a drug-free Hawaii, begins at 7 a.m., July 14, Kaala Neighborhood Park, Wahiawa. Event includes a half-mile fun run for 5- to 10-year-old keiki. Visit http://surfingthenations.com/freedomrun.

15 / Sunday

BayFest 2011 — Join the Marines and Sailors of Marine Corps Base Hawaii, Kaneohe Bay, for the largest music festival in Hawaii, July 15-17, at K-Bay. Performers include Cecilio and Kapono, Hoobastank, Puddle of

Mudd, and Joe Nichols. Three-day event includes water-sports and contests, carnival rides, Midway and military displays. Visit www.BayFestHawaii.com or call 254-7590.

17 / Tuesday

Solomon Elementary School — Pick up school information, 11 a.m.-2 p.m., July 17, in the cafeteria. Parents of kindergarten students will receive information for their children at that time. Visit www.solomon.k12.hi.us. or call 624-9500. See the July 20 Hawaii Army Weekly for additional information.

18 / Wednesday

Leilehua High School — Pick up schedules for 10th, 11th, and 12th graders and make fee payments from 8:30 a.m.-noon, July 18, in the cafeteria. Take advantage of the Early Bird Special for Class of 2013 Project Grad. Seniors receive a \$300 value, for only \$100 during LHS senior schedule pick-up. Schedule changes are from 8:30 a.m.-2:30 p.m, July 19, at the



Registration Office. Visit www.leilehua.k12.hi.us. or call 622-6550. See the July 20 Hawaii Army Weekly for more information.

19 / Thursday

Antiterrorism Exercise — USAG-HI will be conducting its annual antiterrorism exercise on FS Flats, July 19, and on WAAF, July 20. Motorists may encounter temporary delays at all gates entering FS, FS Flats and WAAF during the exercise. All residents can also expect to see and hear “Exercise-Exercise-Exercise” alerts and announcements from area mass notification/giant voice systems, from emails, and from websites during the exercise. Call Donald Murry, USAG-HI antiterrorism officer, 656-0152.

Wahiawa Middle School — Pick up schedules from noon-6 p.m., July 19, in the cafeteria. Visit www.wahawamiddleschool.org. or call 622-6500. See the July 20 Hawaii Army Weekly for additional information.

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Monday, 6 p.m. at PH (Bible Study)
- Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at FD, MPC and TAMC chapels
 - 9 a.m. at WAAF chapel, Lutheran/Episcopalian
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR

Single Soldiers’ Bible Study •Wednesday, 11:30 a.m. at SC; lunch is provided.

Worship Service

- Sunday, 6 p.m. at SC.

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under reeltime movie listing.



Men in Black 3

(PG-13)
Fri., July 13, 4 p.m.
Thurs., July 19, 7 p.m.

Snow White and the Huntsman

(PG-13)
Fri., July 13, 7 p.m.
Sat., July 14, 7 p.m.
Sun., July 15, 2 p.m.
Wed., July 18, 7 p.m.

The Pirates! Band of Misfits

(PG-13)
Sat., July 14, 2 p.m.
All admissions \$2.50 for 2 p.m. matinee show.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building

- AMR: Aliamanu Military Reservation
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program

- FMWR: Family and Morale, Welfare and Recreation
- FRG: family readiness group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield

Campaign donates school supplies

OPERATION HOMEFRONT
News Release

SAN ANTONIO — “Operation Homefront” recently announced its annual Back-to-School Brigade program to collect school supplies for military kids.

The national nonprofit organization provides emergency financial and other assistance to military families and wounded warriors.

The organization and its volunteers are collecting donated school supplies and monetary donations. Items will be distributed to the children of service members prior to the beginning of the new school year.

The launch marks the sixth annual campaign by Operation Homefront to give the children of military families the opportunity to start school with all the supplies they need to be successful.

Volunteers are needed to help pick up donated supplies at local collection points, stuff backpacks and assist at distribution parties.

“People in the community who want to say thank you to military families can make a real contribution by being part of the Back-to-School Brigade program,” said Jim Knotts, president, Operation Homefront. “Military families, especially those in the lower and mid-grade enlisted ranks, can see a real money crunch at back-to-school time.”

At a recent Operation Homefront event honoring military kids, Joint Chiefs of Staff Chairman Martin Dempsey said, “It’s incredible to watch the young men and women of our military families grow up. We have a lot to be thankful for, and military children are probably right at the top of the list. Our kids have the unique opportunity to be whatever they want to be.”

In 2011, the Back-to-School Brigade program raised more than \$2 million in monetary donations and school supplies nationwide for military kids. Operation Homefront nationally provided 30,000 backpacks filled with school supplies for children of military service members.

Operation Homefront-Hawaii Prepares

Operation Homefront-Hawaii is assisting military families of enlisted service members, E-6 and below to receive a free backpack while supplies last.

More than 500 backpacks will be distributed, July 27, at Kalakaua Community Center, Schofield Barracks.

Online requests will be pri-

oritized on a first-come, first-served basis.

Register at www.operationhomefront.net/hawaii.

Applicants will be notified about the pick-up time.

To make donations for Operation Homefront-Hawaii, call Ashley Matta at 238-2233 or email Ashley.matta@OperationHomefront.net.

Operation Homefront

To contribute to Operation Homefront:

- www.OperationHomefront.net/hawaii

To volunteer:

- OperationHomefront.net/backtoschoolbrigade
- www.Facebook.com/OperationHomefront

Workshop targets cyberbullies

KEN WEBER
Directorate of Family and Morale, Welfare and Recreation Army Community Service

SCHOFIELD BARRACKS — In today’s society there is an enormous amount of pressure on our kids to succeed, be more mature and responsible, be athletic, and be great big brothers and sisters — to be awesome helpers around the house.

What we are failing to realize is that our kids are facing an ever-growing threat to achieving the goals we have for them, and the goals they have set for themselves.

Bullies of today are taking the most intimate pieces of our kids’ lives and using that information against them.

In an era when the Internet and cell phones have made information so readily available, these new technologies also can be used to cause pain and discomfort more easily.

The cyberbullying chart illustrates an alarming trend. Without steps to discourage cyberbullying, the issue may explode out of control.

The upcoming Army Community Service’s Family Advocacy Program “Discovery Summit” will spotlight the growing need for bully-free environments.

The summit aims to ensure children are prepared to re-

act when they see a bullying situation unfolding. Discovery Summit will provide kids ages 8-11 years old the opportunity to talk in an open forum, to listen, to share and to be able to formulate plans of their own to encourage bully-free zones this coming school year.

We want our kids to be encouraged, empowered and empathetic, encouraged to do the right thing, empowered to make a difference and to show empathy

toward someone they may encounter who has been bullied.

(Editor’s Note: Weber is an ACS Family Advocacy Program prevention and education educator.)



Discovery Summit

Workshop times and locations follow:

- 10 a.m.-noon, July 21, ACS Training Center, Schofield Barracks;
 - 1-3 p.m., July 26, Schofield Barracks Main Chapel, Classroom D-9; or
 - 1-3 p.m., July 27, ACS Aloha Center, Bldg. 330, Fort Shafter.
- Register at 655-4227.

Kaneohe Bay Airshow ticket sales offered

MARINE CORPS COMMUNITY SERVICES-HAWAII
News Release

MARINE CORPS BASE HAWAII – The community is invited to join the celebration of the Marine Aviation Centennial, here, with the 2012 Kaneohe Bay Airshow, featuring the Blue Angels, Sept. 29-30.

The airshow is open to the public; general admission and parking are free.

Besides the Blue Angels, the action in the air will include a number of military demonstrations and civilian aerobatic displays.

Witness gravity-defying maneuvers by the BO-105 helicopter, a 1946 Aeronca Champ, F/A-18 Hornets and more.

Activity on the ground will include military static displays, a broad array of aircraft, a flash fire jet truck race, Xtreme Fun children’s carnival rides and Taste of Oahu food booths.

Kaneohe Bay Airshow

Tickets are available online at: www.kaneohebayairshow.com, and all military ticket outlets. Call 254-7563/477-5143.



Lance Cpl. Reece Lodder | USMC Photo

U.S. Navy’s Flight Demonstration Squadron, the Blue Angels, fly past Pyramid Rock Beach during a performance at the Kaneohe Bay Airshow, Sept. 25, 2010.



Courtesy Honolulu Museum of Art

Honolulu Museum of Art offers military free summer admission until Sept. 3

HONOLULU MUSEUM OF ART
News release

HONOLULU — The Honolulu Museum of Art announced that, for the third year, it is participating in the Blue Star Museums’ collaboration among the National Endowment for the Arts, Blue Star families, and the Department of Defense.

As part of the program, the museum is one of six Hawaii institutions to offer free admission to all active duty military personnel and their families, now through Labor Day.

“The Honolulu Museum of Art is honored to again be part of this program that connects the military with museums,” said Stephan Jost, director, Honolulu Museum of Art. “We gratefully open our arms to service men and women and their families.

“Relaxing in front of priceless works of art in one of the most beautiful settings in Honolulu, for free, is the least we can do for a group of people who are feeling the stress of our country’s current conflicts,” Jost added.

This fall, to deepen its relationship with the military community, the museum will present “Courage and Strength: Portraits of Those Who Have Served.” This exhibition will feature the work of five photographers who have created portraits that focus on service men and women. The exhibition will run Sept. 6-Jan. 6, and admission will be free for military personnel with ID, and their families.

“Through Blue Star Museums, the arts community is extend-

ing a special invitation to military families to enjoy more than 1,500 museums this summer,” said Rocco Landesman, chairman, NEA. “This is both an opportunity to thank military families for their service and sacrifice, as well as a chance to create connections between museums and these families that will continue throughout the year.

“Especially for families with limited time together, those on a

Hawaii Blue Star Museums

Other Hawaii museums (besides the Honolulu Museum of Art) participating in the 2012 Blue Star Museum program follow:

- Hawaii State Art Museum, Honolulu;
- Iolani Palace, Honolulu;
- Lyman Museum and Mission House, Hilo, Hawaii;
- Laupahoehoe Train Museum, Laupahoehoe, Hawaii; and
- Alexander and Baldwin Sugar Museum, Puunene, Maui.

Honolulu Museum of Art

The Honolulu Museum of Art is located at 900 S. Beretania St.

- Open Tuesdays-Saturdays, 10 a.m.-4:30 p.m.; Sundays, 1-5 p.m.; and closed, Mondays.
- Free days are 1st Wednesdays and 3rd Sundays of the month, 11 a.m.-5 p.m., courtesy of the Bank of Hawaii.
- www.honoluluuseum.org

North Shore series offers open-ocean competitions

Story and Photo by
SGT. GAELN LOWERS
8th Theater Sustainment Command Public Affairs

NORTH SHORE – The summer just became a lot more competitive!

Welcome to the 2012 North Shore Swim Series — a grueling four-race series set in sunny Hawaii’s North Shore, with each race getting progressively longer and harder.

These are races that are not designed for an amateur swimmer.

The first of the races, the Aloha Salad Summer Sprint, June 23, featured a course from Sunset Beach to Pipeline. This one-mile race kicked off the series and suggested a thrilling finish with more than 700 participants entering the water in staggered heats.

The next race, Cholo’s Waimea Bay Swim, was held two weeks later, July 7, and boasted a 1.2-mile swim sprint around Waimea Bay. The participants for this race neared 800 swimmers.

Among those participants were many members of the military, including Capt. Travis Toole, commander, 34th Engineer Company, 65th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command; 1st Lt. Eric Gutierrez, executive officer, 34th Eng. Co.; 2nd Lt. Marshall Farmer, platoon leader, 34th Eng. Co.; and Sgt. Maj. Victor Rodriguez, 8th TSC supply section.

“Swimming has always been a pasttime of mine,” Toole said. “Swimming is easier on the joints than running, and it’s a great way to stay in shape. It’s just plain fun.”

The event coordinator, the sponsors and the series itself enjoyed participation from military members.

“We appreciate all the military involvement in everything we do,” said Chris Gardner, event coordinator. “We used to have a military category, but they’re so fast that we make them swim with everyone else now.”

The North Shore Swim Series is listed as one of the top 10 open water swim series in America, said Rae Flanagan, marketing director for the series.

“As the series gets larger, we notice that people are coming from further and further away,” she continued. “We have a number of international entries, and we had a couple of standout swimmers show up: Eric Nelsson, Kasy Johnson, Steve Allnutt, and Jayson Hagi. They’re all popular open water names that come out to the series year after year.”

Many of the participants come out and use the races as training for larger events.

“There are a lot of people here training for triathlons,” said Gardner. “Others are here for fun. People love to swim, and we have a gorgeous place to swim. It’s a legacy sport.”

The next race will be held July 21; it is Jaco’s



Swimmers race around the final buoy toward the finish line during the one-mile Aloha Salads’ Summer Sprint, June 23, part of the North Shore Swim Series.

Chuns to Waimea Swim, a 1.6-mile swim from Chun’s Reef to Waimea Bay.

The series finishes Aug. 4 with a 2.3-mile swim sprint from Pipeline to Waimea Bay and is appropriately named Jamba Juice’s North Shore Challenge.

North Shore Swim Series
To learn more about the North Shore Swim Series and other Hawaii swim-related information, visit:
• www.hawaiiswim.com

COMMANDER’S FINAL RUN



Sgt. 1st Class Adam Phelps | 94th Army Air and Missile Defense Command Public Affairs

FORT SHAFTER — Brig. Gen. James Dickinson (front left), outgoing commanding general, 94th Army Air and Missile Defense Command, along with his spouse Angie (center) and Command Sgt. Maj. Tedd Pritchard (right), heads the unit on a two-mile fun run with Soldiers and family members, July 3, here.

IPC pool party will celebrate summer

ISLAND PALM COMMUNITIES
News Release

SCHOFIELD BARRACKS — A Summer Pool Party will be held 2-5 p.m., July 19, at the Aliamanu Community Center, here.

Hosted by Island Palm Communities, the party is open to all IPC families.

Passes to the U.S. Army Garrison-Hawaii’s Directorate of Family and Morale, Welfare and Recreation pool will be distributed. Passes will be for a half-hour period, so everyone has a chance to swim.

Activities will include sports games, disc golf, a bouncy house, face painting, glitter tattoos, balloon twisting and splash park.

Families can also enjoy refreshments, snacks and a chance to win school supplies.

Summer Safety Tips

Especially during the hot days of summer, play and exercise with caution. Keep cool during the steamy summer months by following these tips:

- Dress in lightweight, light-colored clothing;
- Wear wide-brimmed hats;
- Wear the appropriate SPF sunblock and apply frequently;
- Stay in the shade, when possible; and
- Drink more fluids; don’t wait until you’re thirsty.

Summer Pool Party
Attend 2-5 p.m., July 19, at Aliamanu Community Center.
Email: events@IPChawaii.com.

Armed Forces Voters: New legislation aids overseas Soldiers, families

CONTINUED FROM B-1

released last month.

To further highlight the importance of voting and assist service members and overseas civilians vote absentee, the FVAP launched a new public service announcement, called “Gallantly Streaming.”

A worldwide video contest runs through July 29 and is open to all U.S. citizens, government employees and military members, ages 18 years and older, living at home or abroad.

“As the 2012 election begins in earnest, we want to tap the vast, creative resources of Americans around the world to help deliver the message of our mission, which is to provide service members and overseas citizens with voting assistance,” said Pam Mitchell, director, FVAP.

The contest will award \$1,000 for the winning filmmaker in each of five categories. The winning videos will be featured by FVAP to support its voter assistance activities around the world.

“Voting is a fundamental part of who we are as a nation,” Mitchell said. “We hope that as-

piring filmmakers around the world will take up this challenge and give their voice to vote.”

FVAP, Election Guidelines
To find out more information about the Federal Voting Assistance Program, the absentee voting process or to view the Primary Election Calendar, visit:
•www.fvap.gov

To see full details or enter the FVAP’s

“Gallantly Streaming” contest, visit:
•www.gallantlystreaming.challenge.gov

For more guidelines on social media and political activities, visit:
•<http://tinyurl.com/c5bshlw>
•<http://tinyurl.com/d9ovvwxh>

BaliBoo Indonesian Furniture



We are Open
Monday - Saturday
9am - 5pm

Bring in this ad and get an EXTRA 10% OFF

New Container
Arrives Mid-July!

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20% off to active and retired military only.

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305 Kalanianaʻaʻole Hwy, Kailua
Take Kapaʻa Quarry Rd, then turn into Kapaʻa Quarry Place
(behind All Pool & Spa)
Call 263-8400 for directions
Visit our website at www.baliboohawaii.com



Soldiers from the Warrior Transition Battalion square off in a sitting volleyball tournament at Martinez Physical Fitness Center, July 6. The tournament is just one of several adaptive sports WTB Soldiers participate in as part of a comprehensive treatment and recovery plan.

WTB volleyball spikes interest

Story and Photos by
STEPHANIE RUSH
Pacific Regional Medical Command Public Affairs

SCHOFIELD BARRACKS – Ten teams comprised of Army and Marine warriors in transition took to the gym floor to battle it out for the title of the best sitting volleyball team at a tournament held July 6, here.

The tournament, sponsored by the Army’s Warrior Transition Battalion, stationed here, is one of four adaptive sporting tournaments held each year. This event is the first time the Wounded Warrior Battalion-West, out of Marine Corps Base Hawaii, Kaneohe Bay, has participated.

Adaptive sports, such as archery, cycling, wheelchair basketball, shooting, swimming, track and field, and sitting volleyball, play a major role in the recovery and healing process of wounded, ill and injured service members.

At the Army’s 29 Warrior Transition Units, each Soldier develops a personalized comprehensive transition plan that includes individual goals in six dimensions of life: physical, career, social, spiritual, emotional and family.

In coordination with the Paralympic Military Program, physical therapists and medical providers actively look for ways to incorporate adaptive sports into Soldiers’ treatment and recovery plans.

“(A WTB Soldier’s profile) not only states activities that the Soldier must not perform to avoid further injury, but also clears them for activities (that) they may participate in,” said Lori Lehouiller, physical therapist, WTB.

“Given the multiple diagnoses that WTB Soldiers typically have, it becomes nearly impossible to perform regular unit physical training, or PT,” Lehouiller said. “However, WTB Soldiers perform adapted reconditioning, which can include adapted sports as an acceptable form of physical training.”

One of the many adaptive sports WTB Soldiers in Hawaii participate in is sitting volleyball.

Sitting volleyball is similar to standing volleyball, except players must be sitting on the floor at all times. The game requires a smaller court and lower net. Often, games are played faster than standing volleyball.

“This fast-paced, yet low-impact sport is ideal for those with lower extremity injuries,” Lehouiller said. “(In addition to the Paralympics, it is also) played in the Warrior Games.”

Hawaii’s WTB Soldiers also participate in outrigger canoe paddling, aquatics, adapted water polo, suspension training, spinning and yoga.

Adapted reconditioning — or building off traditional exercise programs and offering alternative means of fitness, physical activity and sports — began being implemented here in December 2011. The goal is to be able to engage all of the WTB’s Soldiers, not just a select few.

“Returning to adapted sports can allow an individual to see what they can do, rather than what they cannot,” Lehouiller said. “In a team sport setting, we see Soldiers engage, exhibit camaraderie and a (sense of) healthy competition that they may have forgotten they had.

“For many of our WTB Soldiers,” Lehouiller continued, “knowing that they can continue some of these activities with their families gives them a great sense of satisfaction. They feel that they are doing something fun and worthwhile.”

Sitting Volleyball
Want to learn more about sitting volleyball? The Warrior Transition Battalion invites units to join in every Tuesday and Thursday, 7:30-8:30 a.m., at Schofield’s Martinez Physical Fitness Center, to observe or play.

More Photos
See more photos online at:
• www.flickr.com/TriplerAMC



Lt. Col. Stanley Garcia (left), commander, Warrior Transition Battalion, hands the Commander’s Cup to Sgt. 1st Class Cassius Baker, platoon sergeant, 1st Platoon, Co. B, WTB, at the conclusion of a sitting volleyball tournament, July 6, at the Martinez Physical Fitness Center, SB. Baker’s team won the 10-team event.



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tinez Gym, SB, and Friday, July 27, AMR Gym. The free 7 p.m. show is a family friendly, high-energy, 90-minute live musical production by active duty Soldiers who will be performing this show at 40 venues across the globe.

Ongoing

Ten Mile Race around Wheeler —
Deadline is 4 p.m., Aug. 9, to register for this race, which starts at 6:45 a.m., Aug. 19, at WAAF. Race is open to all with installation access.

Active duty Soldiers with the fastest race time will be considered for Team Army Hawaii that will enter the Army Ten-Miler in Washington, Oct. 24.

Register and pay fees at the fitness centers at SB and FS. Call 656-0086 or email james.h.burghardt.naf@mail.mil.